

# **2017 Reality Based Training. Dealing with the Mentally III**

Title: Dealing With the Mentally III

Lesson Purpose: To provide the Officer with the knowledge, skills and experience needed to effectively handle situations involving persons experiencing mental health crisis, assess potentially intense/deadly encounters, and handle them in a safe and professional manner.

Training Objectives: At the end of this block of instruction, the Officer will be able to achieve the following objectives in accordance with information received during the instructional period:

1. Identify the potential threats to officer safety and others and provide appropriate tactical response (cover, concealment, appropriate RRA level and tool).
2. Demonstrate the ability to de-escalate a situation verbally and provide resources to individuals in mental health crisis.
3. Demonstrate the ability to shoot and operate the handgun (SIMS gun), Taser or other equipment during a practical exercise, re-assess the situation and determine what further actions are necessary.
4. Demonstrate proper room clearing as it pertains to locating persons and/or hidden items.

Hours: 4 hours  
Instructional Method: Lecture-Demonstration-Practical Exercises  
Materials Required: SIMS Handgun,  
SIMS protective gear  
flashlight, radio, vest, and duty belt.  
Lesson Plan

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## 1. Introduction

### A. Opening Statement

This course is designed to enhance an officers abilities to respond to calls for service involving individuals in mental health crisis.

### B. Training Objectives

1. Identify the potential threats to officer safety and others and provide appropriate tactical response (cover, concealment, appropriate RRA level and tool ).
2. Demonstrate the ability to de-escalate a situation verbally and provide resources to individuals in mental health crisis.
3. Demonstrate the ability to shoot and operate the handgun (SIMS gun), Taser or other equipment during a practical exercise, re-assess the situation and determine what further actions are necessary.
4. Demonstrate proper room clearing as it pertains to locating persons and/or hidden items.

### C. Reason:

Officers are routinely called upon to deal with persons experiencing mental health crisis. The scope of responsibilities for calls such as these has increased steadily in recent years. It is imperative that officers are trained in the skills necessary to respond to these calls and achieve as safe and positive an outcome as possible given the individual circumstances of each call.

## II. Body

As mental health treatment facilities close down, the options for individuals in mental health crisis diminish. This has resulted in increased contact with law enforcement. It is imperative that the well trained law enforcement officer has a thorough understanding of the challenges of dealing with the mentally ill.

Officers at times will be called upon to respond to subjects in mental health crisis. Officers must maintain their tactics and protect themselves and others from threats at all times. Officers must also be able to effectively utilize de-escalation techniques and maintain control of their emotions to present a calm and controlled response. Officers must be familiar with available resources to assist persons in mental health crisis.

The purpose of this lesson is to provide reality based training to law enforcement officers called upon to deal with individuals in mental health crisis.

## Scenario #1

Equipment needed:

- Duty handgun (SIMS)
- Bullet resistant vest and SIMS gear

- Duty belt/gear (Taser and inert pepper spray)

## **De-escalating Drill**

**The officers should go through this scenario twice. A Critique will be offered to the officers after the first run with the second being made available to correct tactical mistakes.**

**At the beginning of the second time, the officers should be told that 'We are going to increase the intensity and things are going to happen now!' Though there will no difference then the first, except making the 'consumer' more animated. This will raise the officers' anxiety and stress.**

The purpose of this drill is to build confidence in the officer's ability to verbally de-escalate an intense situation and to further develop an officer's ability to regulate themselves. This drill will allow the officer(s) to use proper cover and tactics while conversing with a consumer they come into contact with.

### Scenario

Officers respond to a disturbance call at a residence. The caller will meet the officers in the residence and explain that their family member has been severely depressed lately and has locked himself in a room and said that "everybody would be better off if he were dead." The caller will direct the officers to the room that the consumer is in.

### Use 3 officers

**CALLER Role Player:** The caller role player will explain that their family member has been severely depressed and is suicidal. They will explain that he has locked themselves in a room and declared that everybody would be better off if he were dead. IF the officers ask about weapons, the role player will tell them that they think he had a gun at one time but are not sure. The caller will not volunteer this information unless asked.

**CONSUMER Role Player:** The consumer role player will be inside a room. He will not open the door for the officers but will tell them they can come in. There will be a SIMS handgun in the room between the role player and officers, but not in the physical control of the role player. If the officers command him to come out he will comply after sufficient dialogue. If they ask about a gun he will tell them that there is one in the room. Role player will comply with all tactical commands given by the officer but will explain that he is severely depressed and just wants to die.

The consumer will act depressed and not leave the part of the room he is in unless commanded to do so by the officers. Consumer's level of agitation will rise and fall with the level of agitation presented by the officer (if the officer remains calm the consumer will calm down, if the officer is not calm the suspect will not be calm). At NO time will the consumer put hands on the officers or act in a threatening or aggressive manner toward them.

The drill should not take longer than 3-5 minutes.

Evaluation (Pass/Fail): Officers must use appropriate safety tactics when dealing with this situation. Instructor is looking for:

Use cover/concealment as available

Use of proper tool (firearm, taser, pepper spray)

Triangulate positions

Use verbal de-escalation skills

## **Scenario #2**

# ACTIVE SHOOTER

Equipment needed:

- SIMS Handgun
- SIMS gear
- Duty belt

**Large room within the SIMS room.**

Scenario

**Use three or four officers.**

Officers will be told of an active shooter at a psychologists office. As they enter they will engage an unknown situation.

**SUSPECT/INSTRUCTOR:** There will be a hostage with the suspect. The suspect and hostage will be furthest from the officers' entry point. The suspect will be pointing a gun at the hostage whom should be standing approximately 2 feet away. If the officers do not engage within a couple of seconds after entering the room, the suspect will shoot the hostage. The suspect should fire a couple of rounds at the officers as he, the suspect, goes down.

Evaluation (Pass/Fail)

**Goal:** Key point to evaluating this drill is to build the confidence in the officers that they can enter a deadly threat scenario and eliminate the threat if need too.

Instructor is looking for the following:

- Did the Officers enter properly?
- Did the officers position themselves correctly and engage the suspect?
- Did the officers shoot the hostage?
- Did the officers secure the suspect and render aid to them and/or the hostage?

# Scenario#3

Consumer and mental health worker

Equipment needed:

- SIMS Handgun
- Duty belt/gear
- SIMS gear

**Use two or three officers.**

**Officers should be told that if a threat or none compliance is presented than they should use appropriate equipment to handle the matter.**

Scenario

Officers will be dispatched to a report of a man sitting with what appears to be a gun. Officers will arrive and see two individuals sitting down, one with an object in his hands. The other individual will explain to the officers that he is mental health worker and that he does not think the consumer has a gun. The mental health worker will comply with all commands and will exaggerate compliance to include laying on the ground with his hands up while shouting to the consumer to lay down. The consumer will not comply with any commands and will remain seated yelling at the healthcare worker and the officers to “shut up.”

**Role Player Suspect:** The role player suspect will be seated with a toy in his hands. He will not acknowledge the officers or obey any commands. Role player will remain seated and will yell at the health care worker and officers to “shut up.”

**Role Player Health Care Worker:** The role player health care worker will yell to responding officers that he does not think the suspect has a gun but rather that he has a toy. He will yell that he is his case worker. Role player will present an exaggerated compliance to officers commands to include putting his hands up and laying down with his hands in the air.

Evaluation (Pass/Fail)

Instructor is looking for the following:

- Did the Officers enter the room tactically?
- Did the Officers muzzle sweep each other?
- Did the Officers use appropriate equipment (Taser, handgun, pepper spray and etc.)?
- Did they communicate with each other?

### III. Conclusion

#### A. Summary

At the conclusion of this class, an Officer will realize the proper use of their equipment (Handgun, Taser, pepper spray and etc.) and will be able to recognize and use de-escalating techniques. The Officer should feel even more comfortable shooting their equipment in darkness with a proper flashlight or weapon mounted light.

#### B. Questions from the Class

#### C. Closing Statement

This course is designed to increase the confidence of the officer in intense situations and being able to control the incident and themselves.

